

AMH *InsideOut*

AMH Announces the 2009 Preventive Health and Immunization Challenge

by Kelly Harnish, AMH Health Education Specialist



Kids are heading back to school, football has returned to Sunday night, and there's a chill to the early morning air. It must be fall again! As we get ready to pull out our favorite sweaters and put away the yard games, we also head inside more, which is just what those cold and flu germs love! Viruses spread more easily when people spend more time together inside. To help you stay well this year, AMH has organized the Preventive Health & Immunization Challenge. It will run from October 19—November 12, 2009. To learn more or to join the challenge, visit the [AMH Health Challenge Tracker](http://www.amhchallengeTracker.com) at www.amhchallengeTracker.com.

This fall, we would like to challenge you to do your part in preventing the spread of the flu virus by taking some simple steps. But first, it's important that you know some facts about the flu. Did you know that 5-20% of the U.S. population gets the flu each year? Of those, more than 200,000 people are hospitalized and 36,000 die due to complications from the flu. Those are sad and frightening numbers. The good news is you can do something to protect yourself and the people you love from getting the flu.

All adults should be vaccinated against the flu. This is to reduce the chance for spreading the virus to people who are more vulnerable. Children, older adults, and people with certain medical conditions are at higher risk for complications of the seasonal flu. Therefore, those of us who are younger and healthier, do everyone a favor by getting immunized and not transmitting the virus. **AMH Flu Clinics** will be held **October 14-November 5, 2009** at various locations around the site. Check the AMH

website for the complete schedule: <http://www.hanford.gov/amh/page.cfm/flu>.

This year, we also have the H1N1 virus, otherwise known as the Swine Flu. The spread of this virus can be prevented in the same way as the seasonal flu virus. Proper hand washing, as well as getting enough sleep, exercise, proper nutrition and hydration are all preventive measures to take against seasonal flu or the H1N1 virus. For more information about immunizations for the H1N1 virus, please contact your health care provider or the Benton-Franklin County Health District www.bfhd.wa.gov or (509) 460-4200. AMH is not providing immunizations against H1N1 at this time, but we advise all Hanford employees to heed the advice of their primary care providers and/or public health experts.

In addition to getting a flu shot, you may earn points for other healthy habits that will help you stay well! Join the Preventive Health and Immunization Challenge at <http://www.hanford.gov/amh/page.cfm/HealthChallenge>. Those who earn 100 points will be eligible to win a body composition monitor/scale. **It's your health, own it!**



2009 ADVANCEMED HANFORD SEASONAL FLU SHOTS

OCTOBER 14 - NOVEMBER 5, 2009

Check Flu clinic calendar for dates, times and locations:

<http://www.hanford.gov/amh/page.cfm/flu>

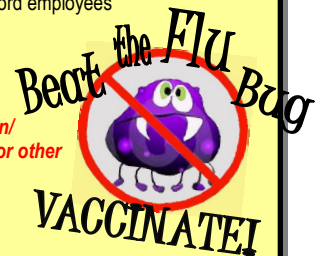
AMH Flu Hotline: (509) 376-1000

Seasonal flu shots are provided to employees of Hanford Contractors who are doing Hanford work.

AMH does not provide flu vaccinations to:

- Anyone under the age of 18 years
- Any employee of Bechtel National, Inc. (BNI) and Battelle Memorial Institute, Columbus Ohio (BCO)
- Anyone who does not have a DOE picture badge
- Retirees of Hanford contractors
- Families of Hanford employees

Those not eligible should see their private medical provider, Benton/Franklin Health District or other community vaccination program.



WATCH FOR UPCOMING EVENTS WITH AMH

October

[Preventive Health Challenge](#)

[2009 AMH Flu Clinics](#) (begins 14th)

[Breast Cancer Awareness Month](#)

November

[2009 AMH Flu Clinics](#) (ends 5th)

[Preventive Health Challenge](#) (ends 12th)

[Tobacco Cessation Seminar](#) (16th)

Select a link or visit our website: www.hanford.gov/amh



What you should know about Depression

by M. Susan Vann, Ph.D, AMH Behavioral Health Services

In any given one-year period, 9.5 percent of the population, or about 20.9 million American adults, suffer from a depressive illness. This is one of the most common psychological conditions. Depression is a qualitatively different experience from the "blues" we all get once in awhile. It is a deeper, sadder, more profound experience. It taints one's entire life, erasing the very essence of joy that makes life worth living. There's no simple explanation for why people experience depression. It's a complex disease that may develop for a variety of reasons. Depression can be precipitated by a specific event, the effects of several events, or by no event at all. It is an equal opportunity disorder and can affect anyone at any age, regardless of gender, race, ethnicity, or income level. It is not a sign of personal weakness or a condition that can be willed or wished away.

Symptoms of depression can vary widely. The most recognized symptoms include a profound feeling of sadness, hopelessness, or emptiness, difficulty sleeping or sleeping too much, over or under eating, distractibility, irritability, and unexplained physical pain. Symptoms can also include a decreased desire to participate in activities that used to be fun or rewarding, an impulse to pull away from friends and family and to isolate oneself, or an ongoing mental rumination in which a person is unable to stop thinking about negative things or events. Occasionally, depression manifests itself as an unusual burst of energy and excitement, often followed by a period of deep despair.

People with a depressive illness cannot merely "pull themselves together" and get better. Serious depression is both a chemical/biological and a

psychological disorder. Without treatment, symptoms of depression can last for weeks, months, or years. But much of this suffering is unnecessary. Treatment is available to help ease and even eliminate the emotional and physical symptoms of depression. There are a variety of medications available that can effectively reduce depressive symptoms. Additionally, there are many helpful psychological treatments, particularly cognitive-behavioral counseling, available for depression. Used separately, medication therapy and psychological treatment are often very effective means of relieving and continuing to control depression; they often function even better when used together.

The good news is that, while change won't come overnight, most people will get better with treatment. And even better, while a person may not be able to prevent an initial bout of depression, he or she may be able to reduce the severity of an episode or prevent a relapse. Preventive measures include continuing to take medications even after symptoms improve and for as long as the physician thinks they are necessary, continuing with counseling even after medications have been stopped, eating a balanced diet, getting plenty of exercise, maintaining a regular sleep pattern, and avoiding drugs and alcohol.

If you or someone you love suffers from the symptoms of depression—don't wait! Seek help from a mental health professional today! There is no need to continue to suffer with this debilitating disorder. Behavioral Health Services (BHS) at AMH offers assistance in dealing with depression as a part of the Employee Assistance Program. These appointments are completely confidential and can be made by contacting BHS at 376-4418.

AMH 200W HEALTH CARE CENTER OPEN SUNDAYS

Starting September 20, 2009 AdvanceMed Hanford (AMH) began Sunday operations from 7:00 a.m. to 4:00 p.m. at the 200W Health Care Center. Sunday operations are limited to health care services provided by a physician or physician assistant for Hanford workers experiencing pain, discomfort, injury, illness and other specific medical situations.

If you have questions or concerns, call the AMH Clinic Director, Jason Zaccaria at 376-4082 or the DOE Occupational Medicine Program Manager, Roger Pressentin at 376-1291.

Invite AMH to be a guest at your next work group meeting.

October
Featured
Presentation:



"WHAT TO DO- ABOUT THE FLU"

BY DR. SANDY ROCK

HANFORD WORKFIT LEADER TRAINING CLASS

If you would like to begin the WorkFit program at your workplace or need to rejuvenate a program that may have fizzled out, please join us for our WorkFit Leader Training Class.

October 9, 2009 @ 7:30-9:30 am

HAMMER, Room 10

RSVP: ahew@rl.gov or 376-3939



Healthy Recipes Stuffed Green Peppers II

Serves 6

Ingredients:

- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 3/4 cup uncooked instant rice
- 3/4 cup water
- 1 (14.5 ounce) can peeled and diced tomatoes with juice
- 1 (14.5 ounce) can stewed tomatoes, chopped
- salt and pepper to taste
- 6 large green bell peppers
- 1 (16 ounce) jar spaghetti sauce

Preparation:

In a large skillet or medium stock pot, brown the beef and onion over medium heat. Drain fat. Add rice, water, diced tomatoes, and stewed tomatoes. Season with salt and pepper. Simmer until rice is tender. Preheat oven to 325 degrees F (165 degrees C). Cut the tops off the bell peppers and clean out the seeds and membrane. (Note: You may have to slightly slice the bottom of the peppers to make them stand up.) Fill peppers with meat mixture. Place in a casserole dish and bake in a preheated oven for 20 minutes or until peppers are as tender as you like. Served topped with spaghetti sauce.



For more: [Healthy Recipes](#)

PER SERVING:

Calories	414
Total Fat	16.5 g
Cholesterol	76 mg
Sodium	636 mg
Carbohydrate	39.6 g
Dietary fiber	6.6 g
Protein	26.7 g